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THINK FLORAL, BRIGHT AND SUPER LONG FOR YOUR SUMMER DRESS SHOPPING: HERE'S EIGHT PIECES OF FASHION EYE CANDY TO GET YOU INSPIRED

PAGE 11

Have you signed the petition yet?

Regina Water Watch.ca

Keep Water Public!

GOODNESS GRACIOUS, GREAT PRAIRIE FIREBALLS!

Regina Regional Opportunities Commission employees Alison Barton, left, and Lisa Mitchell hold two prairie fire shots and prairie oysters in City Square Plaza on Wednesday as part of the Prairie Fireball Challenge. Story, page 3. ALYSSA MCDONALD/METRO

Eight arrested in interprovincial raids

Probe began early last year. Newly integrated police unit busts alleged crime ring in Regina, central British Columbia

ROSS ROMANIUK
ross.romaniuk@metronews.ca

Guns, drugs, computer gear and vehicles have been seized by Regina-based police in taking down an alleged crime ring spanning Saskatchewan and British Columbia.

Police busted up the operation in Regina and central B.C. early this week, while making what they say is a significant dent in organized crime in southern Saskatchewan.

Regina officers and investigators, along with RCMP, used a newly integrated organized crime unit in raiding five properties in the Saskatchewan capital as well as three in the B.C. cities of West Kelowna and Merritt, and arresting eight suspects.

"These people were moving their illegal products between provinces, and we were following them and making sure we were interrupting them in any way we could," Supt. Kevin Jones, criminal operations officer with RCMP based in Regina, said on Wednesday.

"They were choosing to focus on drugs, but we wouldn't consider it a drug investigation," he added of the probe, which began early last year.

"We're essentially after the crime group to stop them from making money in Canada, but specifically in Saskatchewan."

On Sunday and Monday, the joint unit descended on five properties in Regina, two in West Kelowna and one in Merritt.

The seizure haul is long and varied, and includes a machete, body armour and a crossbow. At one location on the 900-block of Regina's Broad Street North, officers confiscated 17 cellphones, two laptop computers, 19 firearms and a stun gun, as well as a 2006 Dodge Ram 2500. At a property in West Kelowna, police seized a 2008 Harley-Davidson motorcycle and two GPS trackers, among other items. And they grabbed a video surveillance system from a site in Merritt.

The Canadian cash seized in total is more than $120,000, while police also confiscated a total of 1.5 kilograms of cocaine and 1.1 kg of marijuana.

Jones said very little about the suspects, though he declined to describe them as a "gang." He did say that more arrests are likely as part of the probe.

"These are people that were above the norm of making money through their illegal way of doing business," he said.

"If they're making money illegally, we want to put an end to it."

The suspects, all of Regina, are Dustin Zimmerman, Jeremy Lemioer, Sarah Hamann, Jaird Hatch, Shane Yelinek, Brendan Krecklewich, Riley Williams and Hafiz Alli.

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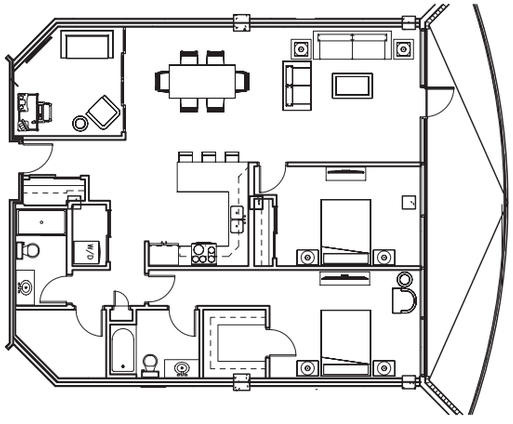

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Sask. sending giant fake dino poo to Smithsonian

This s--t is super rare.
RSM owns the only known specimen in the world

JANE CAULFIELD
jane.caulfield@metronews.ca

The Royal Saskatchewan Museum is sharing a unique piece of Saskatchewan paleontology with the Smithsonian Institution's National Museum of Natural History.

It's poop — 65-million-year-old fossilized Tyrannosaurus rex poop. Also known as a coprolite.

While the Smithsonian is getting only a replica coprolite, Tim Tokaryk, curator of paleontology at Regina's Royal Saskatchewan Museum, said it's a great honour to have a piece of the province's history featured in a new exhibition at the world-renowned museum in Washington, D.C.

"I don't recall any other fossil or material from Saskatchewan being put on display there," Tokaryk said on Wednesday. "It validates that the research we are doing on a daily basis has the potential for broader perspectives.

"They want representations, but also unique features of life from that time period and we happen to have the only known coprolite from a T. Rex in the world."

When the fossil was discovered in southwest Saskatchewan in the late 1990s, extensive research shed significant light on the dietary patterns of the long-extinct creature.

"There was a group of us representing various specialties," Tokaryk said. "It gave us some perspective on a biological moment trapped in geological time, which is quite unique."

As more technology becomes available to researchers, the coprolite continues to provide scientists with valuable insight into the lives of dinosaurs — which is why the Smithsonian is getting the replica.

"The research interest is not just a moment of discovery," Tokaryk said. "It's used for generations down the road."

Harold Bryant, director of the Royal Saskatchewan Museum and a paleontologist, holds up a 65-million-year-old piece of T. Rex poop, also known as a coprolite. A replica of this sample will be sent to the Smithsonian to be part of a new exhibition called Putting Dinosaurs in Their Place. ALYSSA MCDONALD/METRO

Fest for people who like jazz kicks off

Round Midnight plays the opening set of JazzFest. ALYSSA MCDONALD/METRO

From a Miles Davis tribute to high-school jazz ensembles and headlining musicians — it's time for JazzFest.

Regina's five-day festival of improvised music got underway on Wednesday morning with a free performance in City Square Plaza.

JazzFest Regina features free shows daily at the plaza, as well as at F.W. Hill Mall and Cornwall Centre.

There will be nighttime shows at six smaller club venues and a main stage at the downtown Ramada Plaza Regina.

Al Fitzpatrick, who is in charge of hospitality with this year's JazzFest, says the atmosphere of the festival has a different feel from that of other larger events.

"Our venues are intimate," Fitzpatrick said. "You get to really enjoy the music and see the musicians in action."

The festival, which is run by the Regina Jazz Society, imports talent as well as letting local bands shine.

The headliners this year include Juno Award nominee Royal Wood on Friday night, Los Angeles-based Jeri Brown and local Kaitlyn Semple.

"We have quite an eclectic program," Fitzpatrick said. "We have some traditional, but we also have Latin and we have local talent as well as import."

The weekend music will end on Sunday, with the popular Father's Day Brunch and a Latin-infused night performance featuring Dafro and Andino Suns.

"The vibe — it's about music, it's about having fun, it's about getting down, it's about enjoying something that has a long tradition of being fun," Fitzpatrick said.

ALYSSA MCDONALD/METRO

Welcome!

You've been prairie fireballed in Regina

Light a prairie oyster on fire and dip it in a prairie fire shot. Eat it, shoot it — and welcome to Saskatchewan.

This is the message the Regina Regional Opportunities Commission (RROC) wants to give to visitors of our Prairie province.

"Every province has a way to bring people in as part of the family — whether it's screeching in (in Newfoundland) or drinking the fragmented toe drink in the Yukon," said Alison Fraser, travel media and trade consultant with Tourism Regina.

"It's definitely an honorary Regina drink and if it becomes a Saskatchewan drink, I would be so happy."

Fraser, along with her fiancé, Garett, came up with the idea to debut the drink as a Saskatchewan staple and wanted to incorporate a prairie oyster — otherwise known as a calf testicle — which many people are still reluctant to try.

"Actually they are pretty good," Fraser said. "Take it from me and my fiancé, we've eaten a lot of balls over the last week coming up with this shot."

The shot technique sees a prairie oyster — which is from a farm in Chamberlain — doused in 151-proof rum and lit on fire. The drinker must then cool off the delicacy in a salt-and-pepper-rimmed prairie fire shot — made with Last Mountain whisky from Lumsden and Droolin' Devil hot sauce from Saskatoon.

Fraser says you eat it, shoot it and "you've been prairie fireballed in Regina, Saskatchewan, and chances are you absolutely loved it."

The RROC held its first event with the shots — called the Prairie Fireball Challenge — on Wednesday with 17 travel writers visiting the city.

Fraser says the organization hopes to have it at special events throughout the province this summer to let people try the shots and to give out merchandise so "people will know you've been prairie fireballed and you're part of Saskatchewan — you're family."

ALYSSA MCDONALD/METRO

Israel

Netanyahu to Iran: 'We will never allow another Holocaust'

Israeli Prime Minister Benjamin Netanyahu speaks during a press conference in Warsaw, Poland, Wednesday. THE ASSOCIATED PRESS

Israeli Prime Minister Benjamin Netanyahu began his two-day visit to Poland, which Nazis occupied during the Second World War and where they committed the worst crimes ever against the Jewish people, with a stern warning about a potential Holocaust from Iran.

Netanyahu said Wednesday the upcoming "so-called" Iranian presidential election will "change nothing" in the Islamic republic's quest for nuclear weapons and that the regime will continue to pursue a bomb aimed at destroying Israel. Iran insists its uranium enrichment program has only peaceful goals.

Iran's election overseers have approved a list of would-be hopefuls, most of them loyalists favoured by both the theocracy and the military, and any future president will likely side with the supreme leadership's nuclear aspirations.

"This is a regime that is building nuclear weapons with the expressed purpose to annihilate Israel's six million Jews," Netanyahu said, alluding to the number of Jews killed by the Nazis during the Second World War.

"We will not allow this to happen. We will never allow another Holocaust."

THE ASSOCIATED PRESS

A website supporting Edward Snowden, the former CIA employee who leaked top-secret documents about sweeping U.S. surveillance programs, is displayed on a computer screen in Hong Kong Thursday. Snowden dropped out of sight after checking out of a Hong Kong hotel on Monday. The South China Morning Post newspaper said it was able to locate and interview him on Wednesday. It provided brief excerpts from the interview on its website. KIN CHEUNG/THE ASSOCIATED PRESS

Snowden: 'I'm not here to hide'

U.S. surveillance leak. Former CIA employee says in an interview he hopes to use Hong Kong as a base to 'reveal criminality'

Quoted

"(I) would rather stay and fight the United States government in the courts, because I have faith in Hong Kong's rule of law."

Former CIA employee Edward Snowden, who said in an interview Wednesday that he has had several opportunities to flee Hong Kong.

The former CIA employee who leaked top-secret information about U.S. surveillance programs said in a new interview in Hong Kong Wednesday that he is not attempting to hide from justice, but hopes to use the city as a base to reveal wrongdoing.

Edward Snowden dropped out of sight after checking out of a Hong Kong hotel on Monday. The South China Morning Post newspaper said it was able to locate and interview him on Wednesday, providing brief excerpts on its website.

It said Snowden, who has been both praised and condemned for releasing documents about U.S. telephone and Internet surveillance programs, said he was "neither a traitor nor hero. I'm an American."

Asked about his choice of Hong Kong to leak the information, Snowden said, "People who think I made a mistake in picking Hong Kong as a location misunderstand my intentions. I am not here to hide from justice; I am here to reveal criminality."

The newspaper quoted him as saying that he had several opportunities to flee from Hong Kong, but that he "would rather stay and fight the United States government in the courts, because I have faith in Hong Kong's rule of law."

Snowden said he plans to stay in the city until he is "asked to leave," the newspaper said.

THE ASSOCIATED PRESS

Cleveland. Castro pleads not guilty as defence aims to avoid death penalty

A man accused of holding three women captive in his Cleveland home for about a decade pleaded not guilty Wednesday to hundreds of rape and kidnapping charges, and the defence hinted at avoiding a trial with a plea deal if the death penalty were ruled out.

The death penalty is in play because among the accusations facing Ariel Castro, 52, is that he forced a miscarriage by one of the women, which is considered a killing under Ohio law. That charge doesn't include a possible death penalty, but a prosecutor has said that's under review.

The women disappeared separately between 2002 and 2004, when they were 14, 16 and 20 years old. Each said they had accepted a ride from Castro, who remained friends with the family of one girl and attended vigils over the years marking her disappearance.

Castro, dressed Wednesday in an orange jail outfit with his hands and ankles shackled and a full dark beard grown in jail, kept his chin tucked on his chest through a brief court appearance. He didn't speak or glance at his two attorneys standing by his side.

Attorney Craig Weintraub acknowledged afterward that "certain charges in the indictment cannot be disputed" and said the defence was working to avoid an "unnecessary trial" with a possible death penalty sentence.

THE ASSOCIATED PRESS

Ariel Castro enters the courtroom for his arraignment Wednesday in Cleveland. Castro, accused of holding three women captive for about a decade, pleaded not guilty Wednesday to hundreds of charges, including rape and kidnapping. TONY DEJAK/THE ASSOCIATED PRESS

CIA's deputy director retires

CIA Deputy Director Michael Morell, who managed the resignation of CIA chief David Petraeus over an extramarital affair and defended the agency's performance over the attack on a U.S. diplomatic post in Benghazi, Libya, retired Wednesday.

Morell retired after 33 years at the CIA, including two stints as acting director and one as deputy director. He was passed over for the top CIA spot by President Barack Obama in favour of the president's counterterrorism adviser, John Brennan, who announced Morrell's departure.

"I was most looking forward to ... the opportunity to work side-by-side once again with Michael Morell," said Brennan, noting that they had begun their careers at the CIA in 1980. "As much as I would selfishly like to keep Michael right where he is for as long as possible, he has decided to retire to spend more time with his family and to pursue other professional opportunities."

THE ASSOCIATED PRESS

Michael Morell THE ASSOCIATED PRESS FILE

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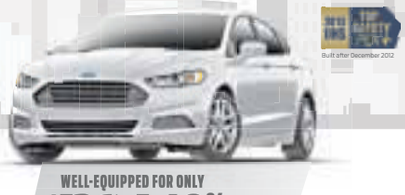

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Parking-snitch app pays you to help The Man

Winnipeg. (1) Snap pic of a parking violation; (2) send it to police or private lot operators; (3) get cut of fine; (4) try to live with your guilty conscience

Some entrepreneurial Winnipeggers are set to unleash an army of bounty hunters keen on nabbing people who park in disabled parking spots without a permit or in front of a fire hydrant. All that would be needed is a smartphone and the "spot-squad" app.

Co-founder Chris Johnson says he and his partners haven't yet signed any agreements to give informants a percentage of any ticket fines, but he adds that some private parking lot operators are interested.

He says while many people say they would never snitch on a fellow driver, he expects they would privately jump at the chance to make a couple of bucks while cracking down on inconsiderate parkers.

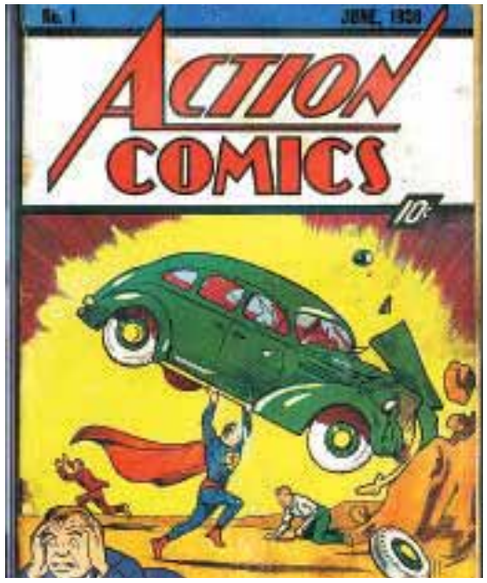
The app would allow people to snap a picture of a parking violation and send the photo to police, private parking operators or city wardens. A parking warden could then be dispatched to issue a ticket.

If a ticket resulted in a fine, informants would get a cut or could direct the cash to charity.

THE CANADIAN PRESS

Legal minefield

- Brian Bowman, a Winnipeg lawyer specializing in privacy and social media law, said the app could open up a legal minefield. Just because a car is parked in a public place doesn't mean the driver can't expect some privacy rights, he suggested.



Comic book with a super story sells for $175K

A rare copy of the comic book featuring Superman's first appearance that went undiscovered for more than 70 years in the insulation of a Minnesota house has sold in an online auction for $175,000 US. The high bidder for the copy of Action Comics No. 1 was a "hard core, golden age comic book collector," said Stephen Fishler, CEO of ComicConnect.com.

COMICCONNECT, CORP./METROPOLIS COLLECTIBLES, INC./THE ASSOCIATED PRESS

Social media

Facebook ushers in hashtags to help with search

Facebook is introducing hashtags, the number signs used on Twitter, Instagram and other services to identify topics being discussed and allow users to search for them.

Facebook said in a blog post that users will be able to click a hashtag to see a feed of discussions about a particular topic. For example, typing a number sign in front of "ladygaga" will turn the words into a link that users can click on to find posts about Lady Gaga. THE ASSOCIATED PRESS

Air travel

WestJet must compensate bumped fliers

The Canadian Transportation Agency says WestJet must provide compensation to customers bumped on flights to and from Canada.

The agency was responding to a complaint alleging that WestJet's international tariff — a contract between a customer and the carrier — has several "unreasonable and conflicting" rules for customers unable to travel because a flight has been oversold.

THE CANADIAN PRESS

Market Minute

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HERITAGE IN 2 CANADIAN MINUTES

HE SAYS

John Mazerolle
metronews.ca

O Canada! Let's fire up the burnt toast, cut holes in our peach baskets and gather in our house built of sod: The Heritage Minutes are back! Don't believe it? Well, the government has just put aside $400,000 toward new Heritage Minute TV ads, according to The Canadian Press.

The money equates to two Heritage Minutes. This is big — like Upper Canada Rebellion of 1837 big.

When the news spread around my workplace, it was as though The Heritage Minutes was the name of our favourite band and they were getting back together. "Oh my God I love them!!!" was the near-universal reaction.

There was even a generation gap: People over 40 looked deeply unimpressed, before arguing that the only true Canadian PSA series is Hinterland Who's Who.

Squares.

For a more complete story of Hinterland Who's Who, they can contact the Canadian Wildlife Service in Ottawa. But if you're of a certain age, you know that Heritage Minutes are where Canadian television exists in its purest form: Seventy-five mini-movies that are literally and figuratively all over the map.

Some are polished and professional; others look like YouTube high-school projects. "Film a 60-second short about Canadian history. Only one student may use Pierce Brosnan."

My personal favourite, because it was so poor, is about Marion Orr, first female pilot to land stock footage of an airplane onto a foggy soundstage.

It also contained a man being a slack-jawed moron at the sight of her, which was a running theme throughout the series. Between misunderstanding the meaning of Canada, mistaking Lake Michigan for the Pacific and laughing at female voters, teachers and doctors, the series could have been called, "White Guys Get It Wrong." Of course, this makes it a bang-on retelling of world history.

I'm thrilled the series is back, though I'm a bit distressed that there are only two planned. Surely we have it in us to produce another 75?

I have so many ideas.

For instance, to highlight our culture, imagine an extremely smug woman explaining to a stodgy American visitor that in Canada you can partake in such delicacies as Crispy Crunch, Coffee Crisp and Aero bars. "Chocolate filled with air bubbles. It's a Canadian idea." The American's head explodes.

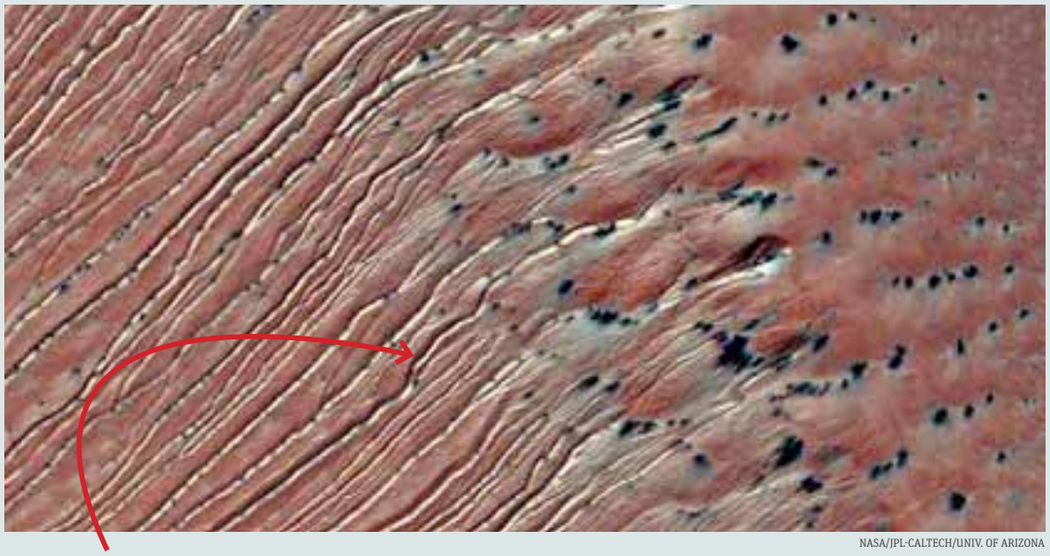
Or, in a special sequel to one of the most popular existing Heritage Minutes, we could see neurologist Wilder Penfield suddenly remember that he put bread in the toaster about five minutes ago. "Oh yeah, right," he says, before taking a bite.

Or think of this inspiring scene: To explain our politics, we see a crowd of the disenfranchised, gathered in Ottawa and chanting for their right to vote — louder and louder, braver and more sure of themselves, again and again. Then the camera pans to reveal … Prime Minister Stephen Harper. "Sorry," he tells the assembled crowd. "Parliament is prorogued." He slams the door behind him.

If we don't film these important moments people will rightly be asking, "Dang it, why didn't we shoot them?" With a bevy of new Heritage Minutes, we'll have a whole new bedrock of Canadiana to leave for our children, just like we had growing up. Now the people will know we were here.

ZOOM

Yes, Martians go sand duning



NASA/JPL-CALTECH/UNIV. OF ARIZONA

Dry ice chunks create unique trails

If Martians did extreme sports, you can imagine they would leave trails like these.

Mars' strange grooves, or "linear gullies," on its sand dunes may have been made by sleds of sliding frozen carbon dioxide.

NASA's discovery is the result of examining images from the Mars Reconnaissance Orbiter spacecraft. These grooves, spotted more than a decade ago, varied in length from only a few hundred metres to 2.5 kilometres and once posed a long-standing mystery as to how they were formed. Serina Diniega, planetary scientist at NASA, and her team managed to deduce that they are caused in springtime as the thawing layer of dry ice surfs down the Martian slopes.

METRO

Mars's climate

- **Wintertime.** Layers of solid CO_2 can reach thickness levels of two metres.
- **Springtime.** CO_2 sublimates (vaporizes without becoming a liquid) and chunks of the dry ice break off and surf down the slopes. The falling ice blocks are lubricated by the carbon dioxide dune, leaving the gullies behind.

Quoted

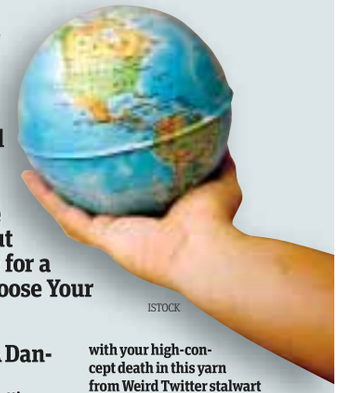
"MRO is showing that Mars is a very active planet. Some of the processes we see on Mars are like those on Earth, but this one is uniquely Martian."

Candice Hansen
Co-author of the Mars report

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

You are currently extremely bored. You 1) Turn your newspaper to the next page. 2) Fold your newspaper into a jaunty hat. 3) Read the space below and pull out your smartphone for a Twitter-based Choose Your Own Adventure.



ISTOCK

You're Assigned A Dangerous Mission

Buzzfeed founder Jonah Peretti (@peretti) created the first fully fleshed out Twitter CYOA three years ago (correct me if I'm wrong) and I've taken a few runs through it since. Hint: Accept the mission. (bit.ly/Start-The-Adventure)

@Urtwitventures

A very scary situation on a bus paves the way for paths that frequently end with your high-concept death in this yarn from Weird Twitter stalwart @urfavoritejoel. (bit.ly/15XrM1Y).

Choose Your Story

Not on Twitter? While that's a shame, that's no reason to be excluded from the fun. Choose Your Story is a community-curated website of CYOA tales, many with a classic role-playing game influence. (chooseyourstory.com)

Comments

to metronews.ca

RE: Forget Where's Waldo? Where's Senator Pamela Wallin? Is More Like It, published June 9

It's despicable to see people being handed 'cushy' positions in Ottawa, only to hear they've taken further advantage of the position to milk the taxpayers for even more money. These recent examples are a SCREAMING call for reform. And not just the senate. **UH Toronto posted**

She was at the same time chair of the Senate Defence Committee and on the board of directors (paid) of an investment advisory company. Doesn't the government have any rules about conflict of interest???? **phil jacobs posted to metronews.ca**

What about the condo in New York City? Don't see that mentioned! **Harry J. Smith posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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SCENE

A commitment to being ordinary

Novelist. Author Cassie Stocks' first novel hardly took the traditional route but now that she's here the awards are coming

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

Newspapers can help shape history, but even the most devoted readers of the Edmonton Bargain Finder would likely be surprised to learn it dramatically affected Canada's literary landscape.

It wasn't an article within the pages that made such an impact, but rather an ad from someone selling a stereo that included the line, "Gladys doesn't dance anymore, she needs room to bake."

"It just struck me for some reason, it was so sad. Why bake instead of dance?" said author Cassie Stocks.

Stocks held onto the ad for years and when she began writing her first novel about a young artist who gives up her dream to become "ordinary," Gladys became a central character.

"I brought her in as a ghost from the early 1900's, who tells her story of giving up dancing."

Stocks' own life in many ways mirrors that of her protagonist Frieda, with the exception of the fact that she didn't give up on her dream.

But as a single mother working full-time or going to school, she couldn't devote much time to writing.

"A lot of times writing for me was 15 minutes a day, but it was making that choice that every day some time had to be put in."

The dedication paid off as she spent six years writing, then attempting to get her novel published.

Eston, Saskatchewan's Cassie Stocks recently received the Leacock Award for Humour for her debut novel Dance, Gladys, Dance. HANDOUT

But after being rejected by several publishers, she believed it would never see the light of day.

"I had completely given up on it. I thought 'all right it was my first book, so put it in the sock drawer and move on.'"

Moving on meant actually moving for Stocks, as she left Edmonton for small town Saskatchewan. She bought a home in Eston so she would have more time to write and began work on her second novel.

It was there that she was finally tracked down by a publisher from NeWest Press who got a hold of her through Facebook, because she hadn't bothered to change her phone number with the places to which she submitted her work.

"She said 'I hope you're the Cassie Stocks who wrote Dance, Gladys, Dance, because we'd like to publish it.'"

The novel was not only published, Stocks was recently awarded the 2013 Leacock Award for Canadian Humour, becoming the first woman to win the prize in seventeen years.

In addition to the prestige of the award, the $15,000 prize that comes along with it will help her continue to realize her dream, and for more than fifteen minutes at a time. Although she still works at the Eston Co-Op as a cashier she was able to quit her evening cleaning job.

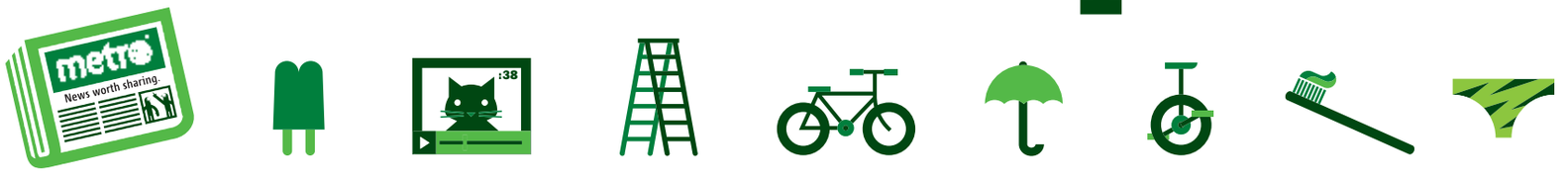
"I'm hoping I'll have a bit more time now to write," Stocks said.

Famed award

The award Cassie Stocks received in Orillia, Ontario on June 8 is named after famed Canadian writer Stephen Leacock. It has been presented annually since 1947 to the author of the best work of humourous literature in the country.

- **Quote.** "Your hope is just to get a book published and that maybe three people other than your mother will read it. But the Leacock Award for me is huge, I can't believe it, if I had ever dreamt of winning an award it would have been the Leacock Award," Stocks said.

Sharability



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kruger and Jackson to do marriage U-turn

After seven years of dating — and insisting that marriage isn't that big of a deal to them — Diane Kruger and Joshua Jackson have reportedly changed their minds and are ready to tie the knot, according to Us Weekly. "Josh and Diane are very close to getting engaged," a source close to the couple says. "They decided they're ready for the next step. They're excited!" The source says Jackson is planning to propose this summer and the wedding will happen "imminently." The Fringe star was singing a completely different tune a year ago, telling the magazine, "Marriage is important for the people it's important for, but neither one of us is particularly religious, so I don't think there's any particular push."

Amanda Bynes ALL IMAGES GETTY

Bell rings in a change – and backs under-fire Bynes

Amanda Bynes has at least one person in her corner: Former The Amanda Show co-star Drake Bell is standing up for the troubled actress despite her recent arrest and frequent Twitter tirades. "I talk to her every day. She's a sweetheart. I had lunch with her yesterday, and she's brilliant. She's good, and she's healthy," Bell tells OK! Magazine. "It hurts me and it upsets me" the way the media has been portraying Bynes, he explains. "Anytime I've ever been with Amanda, she's totally coherent, totally there, totally everything," he says. "I'm like, 'Dude, you come off crazy.' She's like, 'I know, but I don't mean to. I just changed the way I look!'"

Badgley and Kravitz split amicably

Gossip Girl star Penn Badgley and Zoe Kravitz have reportedly called it quits after nearly two years of dating, according to Us Weekly. "It is all good between them. It wasn't a sad breakup," a source says. "It just wasn't working. It really did end on good terms, though. They are at two different stages in their careers. They just didn't have time for each other."

Penn Badgley

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1. INFERNO Dan Brown

In the heart of Italy, Harvard professor of symbology Robert Langdon is drawn into a harrowing world centered on history's most enduring and mysterious literary masterpieces – *Dante's Inferno*.

Last Week: 1 / Weeks on List: 3

2. REVENGE WEARS PRADA Lauren Weisberger

Almost a decade has passed since Andy Sachs quit Runway Magazine working for Miranda Priestly. She never suspected that her efforts to build a bright new life would lead her back into the path of the devil herself.

Last Week: 2 / Weeks on List: 2

	This Week	Last Week	Weeks on List
★	3. SILVER STAR Jeannette Walls	-	1
	4. KILL ROOM Jeffery Deaver	4	2
	5. DELICATE TRUTH John LeCarre	5	6
	6. ZERO HOUR Clive Cussler	6	3
	7. WEDDING NIGHT Sophie Kinsella	7	8
★	8. ONE HEART TO WIN Johanna Lindsay	-	1
	9. BEST KEPT SECRET Jeffrey Archer	9	7
	10. PARIS Edward Rutherford	10	8
	11. SWEET TOOTH Ian McEwan	11	6
	12. FLIGHT OF THE EAGLE Conrad Black	12	4
	13. DEAD EVER AFTER Charlaine Harris	3	6
	14. COOKED Michael Pollan	8	8
	15. TRANSATLANTIC Colum McCann	15	2
	16. WILD Cheryl Strayed	16	11
	17. LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	8
★	18. RED SPARROW Jason Matthews	-	1
	19. FULL COUNT Jeff Blair	19	7
	20. DOUBLE CROSS Ben Macintyre	20	5

Combined Fiction and Non-Fiction Bestsellers for the week, ending June 17th
★ New this week

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8 Frocks to flaunt this summer party season

The weather has warmed up and your dance card is full. Give your go-to black dress a breather and embrace colour, prints and texture instead.

TINA CHADHA
Metro World News

Tibi

Spectator strappy dress $385, tibi.com

Clover Canyon

Turquoise valley dress $246, clovercanyon.com

Reformation

Fiore dress $288, thereformation.com

Alice and Olivia

Gabby beaded lace dress $597, aliceandolivia.com

Zara

Printed pleated dress $80, zara.com

Suno

Cutout dress $315, sunony.com

Yoana Baraschi

Mediterranean art party dress $495, yoanabaraschi.com

Ted Baker

Cristen dress $425, tedbaker-london.com

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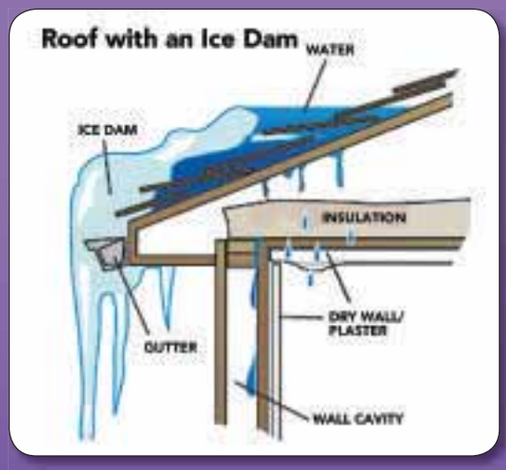

An ice dam can occur when snow accumulates on the roof of a house with inadequate insulation. Heat conducted through the insufficient insulation warms the roof and melts the snow on those areas of the roof that are above living spaces, but does not melt the snow on roof overhangs. Eventually, ice accumulates along the eave and in the gutter. Snow that melts later cannot drain properly through the ice on the eave and in the gutter, resulting in leaks which lead to damaged ceilings, walls, roof structures and insulation. Right now the Government is offering grants to homeowners who want to protect their homes by reinforcing their existing attic insulation. There is no better time to protect your home.

- New & Existing Residential Homes
- Fiberglass Batting & Polyvapour Barrier
- Blowing Fiberglass Wool & Cellulose for Attic & Sound Proofing
- Energy Efficient
- Licensed & Insured
- Over 20 years of Expertise

Father's Day gifts for dad's active lifestyle

This Father's Day, why not treat dad to gifts that pamper him? Here's a variety of great products priced from $8 to $3,100 that you can surprise him with this Sunday.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Shaver

Get a close shave every day whether at home or travelling. Sensotouch Electric Shaver with Gyroflex 3D, $249, philips.ca.

Shower supplies

Slip this two-in-one cleaner into dad's travel kit. Paris For Men Shower/Hair Wash, $11, bathandbodyworks.com.

Compass

Although they hate to admit it, dads sometimes get lost. Here's a classy old school way for him to get home. Tiffany 1837 Compass, $360, tiffany.ca.

BBQ condiments

Gather a group of gourmet flavours for dad's next BBQ party. David's Condiments, $8 each, pusateris.com.

Fridge

Design dad's bar inside or out. Monogram Outdoor/Indoor Luxury Refrigerator, $3,100, geappliances.ca.

Coffee to go

Make French-style press coffee on the go. Coffee Travel Press, $23, starbucks.ca.

Personal blender

For the busy dad on the go. Single Serve Blender, $20, hamiltonbeach.ca.

Flask

Sneak a sip in style with the Century Flask, $990, tiffany.ca.

Three sisters, two cookbooks, one delicious chicken dish

Three sisters who came to Canada from Greece as children are celebrating their heritage through photos and recipes in a follow-up to their first award-winning cookbook.

"We didn't want to do the typical thing people would expect in a Greek cookbook, which was beautiful pictures of Greek islands," says Eleni Bakopoulos of the book Three Sisters Back to the Beginning: Timeless Greek Recipes Made Simple. "We really wanted to be about the Greek lifestyle that we knew it to be, how food is connected to family and relationships and friendships and it really brings us all together."

The second book incorporates recipes omitted from the first book due to space (both volumes are self-published).

They also included dishes from the Greek islands and the north.

Try out this recipe from the book.

Ingredients

- 4 chicken breasts, boneless and skinless
- 30 ml (2 tbsp) olive oil
- 3 ml (3/4 tsp) salt
- 2 ml (1/2 tsp) dried oregano
- Fresh cracked pepper

Dressing

- 75 ml (1/3 cup) olive oil
- 50 ml (1/4 cup) fresh squeezed lemon juice
- 2 ml (1/2 tsp) dried oregano
- 2 ml (1/2 tsp) salt

Grilled Lemon Chicken

1. Heat grill to 230 C (450 F).

2. Coat chicken on both sides with olive oil and season with salt, oregano and pepper.

3. Place chicken directly on grill and grill for 8 to 12 minutes or until chicken is firm to the touch and opaque all the way through. Ensure barbecue lid is closed as much as possible while cooking, and turn breasts over only once.

4. Remove chicken from grill, cover with aluminum foil and set aside to rest for 5 minutes.

5. Meanwhile, in a small bowl, whisk dressing ingredients together.

6. Use a sharp knife to cut chicken into slices. Drizzle dressing over chicken and serve immediately. THE CANADIAN PRESS/ THREE SISTERS BACK TO THE BEGINNING: TIMELESS GREEK RECIPES MADE SIMPLE BY BETTY, ELENI AND SAMANTHA BAKOPOULOS (ADELFES PUBLISHING, 2013).

Grilled Lemon Chicken

This recipe serves four. THE CANADIAN PRESS H/O

Cookbook of the Week

The art of Mediterranean eats

In Three Sisters Back to the Beginning by Betty, Eleni and Samantha Bakopoulos, the sisters balance fast and easy family favourites such as Shrimp Saganaki with recipes that slow you down, and make you wait with anticipation like Homemade Yogurt and succulent Lamb Shanks.

Readers are also taken on a nostalgic journey that documents the magic of childhood and the connection between family, place, and identity.

Three Sisters Back to the Beginning is both a cookbook and an inspiring art book. METRO

Greek Chicken Salad gets all fired up on the grill

1. Heat a grill to high.

2. In bowl, combine olive oil, lemon juice, garlic, oregano, 1/2 teaspoon salt and a generous amount of pepper. Whisk well. Transfer 2 tablespoons of dressing to a medium bowl. Add the chicken to the smaller bowl, toss well to coat, then set aside.

3. Place the bell peppers in the larger bowl and toss to coat with the remaining dressing, then transfer the peppers to a plate. Roll the ears of corn in the dressing, then set them on the plate with the peppers.

4. Set peppers and corn on the grill. Lower the heat to medium and cook, turning often, until lightly seared and the peppers just start to turn tender, about 3 to 6 minutes. Return to the plate and set aside. Add the chicken to the grill and cook for 4 minutes per side. Transfer to the plate with the vegetables.

5. Add the lettuce to the large bowl and use your hands to toss it with the dressing, carefully coating each leaf with the vinaigrette. Divide the greens between 4 serving plates, then top each with some of the peppers and chicken. Divide the red onion and mint between the plates.

6. Stand each ear of corn on its wide end then cut off the kernels by sawing a knife carefully down the sides. Divide the kernels between the salads, then top with feta cheese. Serve immediately. THE ASSOCIATED PRESS

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1/4 cup olive oil
- Juice of 1 lemon
- 2 cloves garlic, minced
- 2 tbsp chopped fresh oregano
- Kosher salt and black pepper
- 1 1/3 lbs boneless, skinless chicken breasts, cut into thin strips
- 2 large red bell peppers, cored and cut into 1/2-inch strips
- 2 ears corn, husked
- 2 heads Boston lettuce, roughly chopped
- 1/2 small red onion, diced
- 2 tbsp finely chopped mint
- 1/2 cup crumbled feta cheese

Appetizer. Halloumi

Halloumi is a tasty, salty and squeaky cheese made in Cyprus from sheep's and goat's milk. It's found in most supermarkets.

Because it can withstand high temperatures, it can be grilled or fried. The sisters behind Three Sisters Back to the Beginning say this appetizer is "deadly good" and lovely with the vinaigrette.

1. Heat a large skillet over high heat. Brush both sides of cheese with olive oil and place in hot skillet. Cook cheese on both sides until cheese is golden-brown, 1 to 2 minutes per side. Transfer grilled cheese to a serving platter.

2. Meanwhile, in a separate small bowl, whisk vinaigrette ingredients together. Drizzle over cheese. Serve warm.

THE CANADIAN PRESS/ THREE SISTERS BACK TO THE BEGINNING: TIMELESS GREEK RECIPES MADE SIMPLE BY BETTY, ELENI AND SAMANTHA BAKOPOULOS (ADELFES PUBLISHING, 2013).

Ingredients

- 4 halloumi cheese slices, 5 mm (1/4 inch) thick
- Olive oil, for greasing

Vinaigrette

- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) fresh squeezed lemon juice
- 15 ml (1 tbsp) minced fresh mint
- 1 garlic clove, minced
- 1 fresh red chili pepper, seeded and minced
- 2 kalamata olives, sliced

FATHER'S DAY IS THIS SUNDAY.
Buy him a **Braun shaver.**

BRAUN
Series **7**

metro
FATHER'S DAY
Thursday, June 13, 2013

Father's Day coincides with the summer grilling, so think about a gift of a stainless steel barbecue set for dad. MONKEY BUSINESS IMAGES/VEER

Specialized gifts for the special dad

Interests. From gadgets to sports and barbecue, find the perfect present this Father's Day

Buying something special for dad this Father's Day and want to forego the usual tie and cologne?

Consider some of these ideas — from the dad who feels at home in the kitchen to the dad who prefers to be one with nature, find the perfect gift that yours will love.

The gadget guy

For the dad who loves tech toys, a satellite radio will provide hours of entertainment, for the car and to take on-the-go. The commute to work will be more enjoyable as he listens to his choice of sports, talk, comedy and commercial-free music or catches up on the news. Enhance the backyard barbecue party by turning up the volume for E-Street Radio, Bruce Springsteen's 24/7 music channel or catch the latest updates on the game from ESPN without having to step away from the burgers and great weather.

The sports fanatic

If pops is an avid baseball or soccer fan, give him the gift of a family sports day, with tickets to his team's next game for an outing you can all enjoy with him. Don't forget to treat him to some traditional stadium fare — hotdogs, popcorn and a refreshing beverage will make dad more than happy as he cheers on his favourite players.

The chef

Father's Day coincides with the summer grilling season. Consider a gift of a stainless steel barbecue set. Dad will appreciate the look and feel of the tools for making the perfect summertime backyard meal for friends and family.

The outdoorsman

Is dad restless unless he gets outside, regardless of the time of year or season? Consider getting him into a new outdoor hobby to pass the time — a fishing rod, golf clubs, or even a pair of snowshoes might be just the ticket for a unique gift that will and impress.

Whatever you decide to gift dad with this year, don't forget that a hug and an appreciative thanks for being "the best dad ever" is more than enough in his eyes, and one you will be sure he will love.

NEWS CANADA

Consider introducing dad to a new hobby, like fishing. ANDY DEAN/VEER

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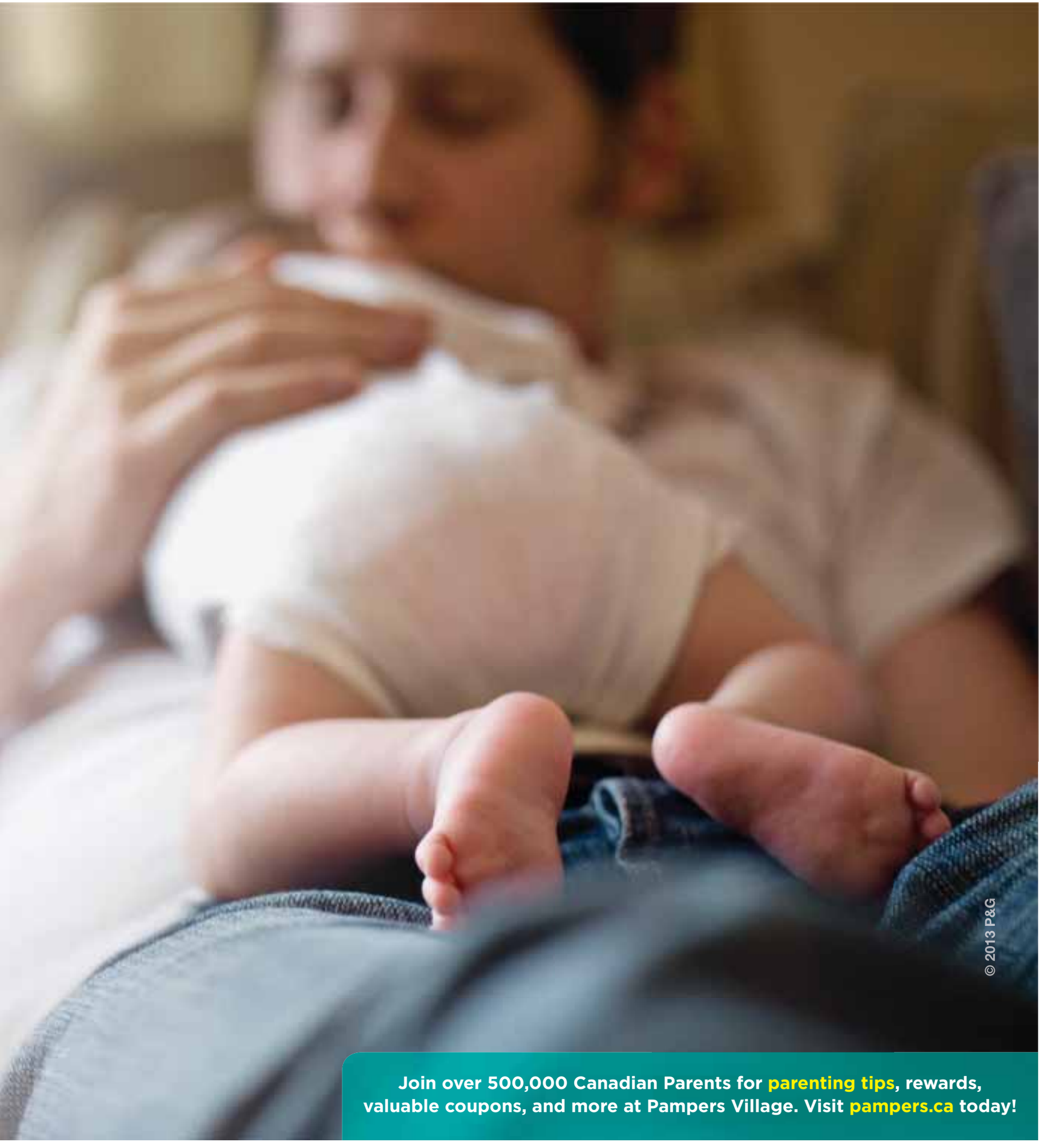

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Perfect for kicking back

The durable Darth Vader and Yoda Bottle Openers will play music from the Star Wars films every time dad uses them. Minimal Force required. $14.95 at Hallmark Gold Crown stores. hallmark.ca.

Dewalt's 12V/20V MAX Work-site Charger/Radio combines a convenient charging solution with a durable radio — letting dad enjoy his favourite tunes. $189 at all home improvement retailers and dewalt.com.

Man Cave Table and Chair, perfect for a Ford fan in the mood to relax. Both items feature a chrome-plated finish. $129.99 (table) and $59.99 (chair) at Canadian Tire, canadiantire.ca,

Give dad the perfect gift this Father's Day — the ultimate man cave, which will be the envy of the entire neighbourhood. MONKEY BUSINESS IMAGES/VEER

Dad's domain. Create the ultimate man cave

The kids own the living room, mom owns the kitchen, the family pet might even claim the backyard, but where is dad's domain?

This Father's Day, give dad the perfect gift — the ultimate man cave. Turn the garage into a comfortable and useable space by transforming this often forgotten extension of the home, into the envy of the neighbourhood.

- Food: It all starts with food, regardless of the season. He will love a fridge that can stand up to intense heat and harsh Canadian cold. So whether it's golf or hockey season, dad is never more than a few steps away from helping himself to a beverage or snack.
- Entertaining: No doubt dad loves it when friends and neighbours pop by for a visit. The garage can become a comfortable hub for entertaining if organized well. Make sure there is enough open floor space and seating for everyone to enjoy themselves. Now dad can host his friends for games or gatherings without monopolizing the family room.
- Toys: Whether we are talking tools, electronics or sporting equipment, the man cave is all about creating a space that dad will love, surrounded by his favourite toys.
- Kick back: The dust and grime on old cement flooring can make it difficult for anyone to enjoy themselves. Try something simple but with huge impact like custom tile flooring; sleek, clean and specifically for the garage.

With these few simple steps, you can create the ultimate man cave for Father's Day that will be enjoyed for many years to come.

NEWS CANADA

Toys for the techie

MIKE YAWNEY
For Metro

Homemade cards and ties make cute gifts for dad, but if you really want to impress this Father's Day some high-tech gadgetry is in order. Here are a few of the best picks to put a smile on your dad's face.

Braun CoolTec — $149.99 and up

Say goodbye to razor burn. Featuring CoolTec, this is the only electric shaver that chills your face as you shave to reduce irritation. This wet/dry shaver also features a long hair trimmer and can last 45 minutes on a single charge.

FitBit Flex — $99.99

Perfect for the active dad. FitBit Flex allows you to set a fitness goal then track your steps, distance, and calories burned. Wear it at night and it will not only track sleep patterns, but will gently wake you with a silent alarm. Don't expect it to help out with your dad's snoring.

Logitech Harmony Ultimate Remote — $349.99

Control up to 15 devices with one remote. This ultimate home theatre gadget combines physical buttons with a customizable touch screen. The best part is it will communicate with your devices through closed cabinets and walls via IR and Bluetooth. Compatible with more than 225,000 home theatre devices.

HTC One — $649.99 (without contract)

With its sleek aluminum body, The HTC One is a great choice for the stylish dad in your life. This Android device features an impressive 4.7-inch HD display along with dual front speakers to create a truly impressive sound experience. The phone can also double as a remote for your home theatre.

iMac — $1,299 and up

The re-engineered Mac matches beauty with performance. Featuring ultra-fast processors and powerful graphics performance, this all-in-one is perfect for work and play. Splurge for the new Fusion Drive, which monitors the applications and files you use the most and prioritizes their boot time and access. The five-millimetre outer edge makes this computer the centre-piece of any home office.

Libratone Zipp — $399.95

Incredible sound from such a small device. The Libratone Zipp lets you stream music from any Apple device using AirPlay technology, even if there is no Wi-Fi available. Speakers last four hours on a single charge and are wrapped in Italian wool, making them look as good as they sound.

Kindle Fire HD — $214 and up

Finally available in Canada, Amazon's Kindle Fire HD tablet brings games, web browsing, apps and more than one million eBooks with you wherever you go.

Clockwise, from top left, HTC One — $649.99 (without contract), Braun CoolTec — $149.99 and up, iMac — $1,299 and up, Logitech Harmony Ultimate Remote — $349.99, Kindle Fire HD — $214 and up.

Thank you Boston Pizza Foundation and Boston Pizza franchisees, for helping build heart-smart communities and save lives across Canada. Your support over the last five years has resulted in close to 250 life-saving automated external defibrillators (AEDs) being placed in public spaces – ready and waiting to stop cardiac arrest from taking its next life.

Thanks to your contributions, thousands more Canadians have been trained in the life-saving skills of CPR and how to use an AED. There are as many as 40,000 cardiac arrests in Canada every year and defibrillation – when used with CPR – can improve survival rates by up to 75 per cent. Learn how you can help save a life, visit **heartandstroke.ca**.

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NFL

Goodell sticks up for Redskins name

NFL commissioner Roger Goodell says the Washington Redskins nickname is a "unifying force that stands for strength, courage, pride and respect."

Goodell was responding to a letter from 10 members of U.S. Congress who want the name changed because it is offensive to many Native Americans.

He cited the nickname's origins and polls that support its popularity. Goodell wrote that he understands the feelings surrounding it are complex and could change, but he also points out fan pride in the team's heritage.

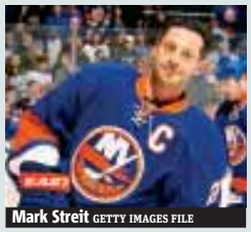
The name is the subject of a legal challenge from a group seeking to have the team lose its trademark protection. THE ASSOCIATED PRESS

NHL

Flyers hope to get Streit to their point

The Philadelphia Flyers acquired defenceman Mark Streit from the New York Islanders Wednesday for minor-league forward Shane Harper and a fourth-round pick in 2014.

Streit is scheduled to become an unrestricted free agent on July 5. The Flyers can negotiate a new deal with him exclusively until that time. THE ASSOCIATED PRESS



Mark Streit GETTY IMAGES FILE

Jim Kelly

Hall of Fame QB recovering from cancer surgery

Buffalo Bills Hall of Fame quarterback Jim Kelly is described as being in good spirits, recovering at home after having surgery Monday to remove cancerous cells from his upper jaw. THE ASSOCIATED PRESS

Heat hopes rest on LeBron

NBA Finals. James promises to be better after coming up short in 36-point Game 3 loss

A day later, LeBron James didn't back down.

When the Miami Heat were embarrassed by 36 points in Game 3 of the NBA Finals, James took all the blame and even lauded his teammates for playing great. Shortly after that 113-77 debacle of a Spurs' victory ended Tuesday night, James insisted that he would do enough to change the way the Heat compete in Game 4.

And Wednesday, James' tune was the same.

"I'm putting all the pressure on my chest, on my shoulders, to come through for our team," James said, virtually echoing what he had vowed the previous night. "That's the way it is."

That's not necessarily the same game plan that Heat coach Erik Spoelstra would prefer, but by now, it's become assumed when the stakes are highest, it's all going to be on James anyway. If the Heat win Game 4, odds are James will be credited as the reason why. If they lose Game 4 and go one loss away from elimination, then it'll be widely considered as James' failure.

"Look, we have great confidence from our guys and their ability to bounce back and respond in a big way," Spoelstra said. "And that's all our focus is the next 24 hours — how do we prepare ourselves to play our best game of the series tomorrow night. That's the only thing that matters. LJ has proven himself enough in this league and on the biggest stage. He is going to ... he'll be better."

When the Heat arrived Wednesday for practice in San Antonio, James had his practice jersey slung over his head, letting the piece of mesh fabric sway down his back like a cape.

Fitting. In Game 4, he might need a hero's effort to save the Heat.

The 36-point loss matched the largest of James' career, and his minus-32 rating was the worst of his 899 previous games. He was 7-for-21 from the field — his shooting has been subpar in every game this series — and did not get to the foul line, a byproduct of both the Spurs taking driving lanes away and James shooting the jumpers that San Antonio is daring him to try.

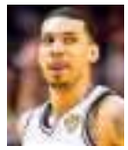
THE ASSOCIATED PRESS

LeBron James has struggled mightily with his shot as the Heat have fallen behind 2-1 against the Spurs in the NBA Finals. MIKE EHRMANN/GETTY IMAGES

Different strokes

"We're not worried about LeBron."

Heat shooting guard Dwyane Wade.



"I don't know what's going on, but he's not playing his best basketball right now. It's not just us."

Spurs guard Danny Green, who had 27 points with seven three-pointers in Tuesday night's Game 2.

"There ain't no explanation. There ain't no excuses."

Heat forward Udonis Haslem. Haslem and Mario Chalmers missed all seven of their shots and did not score in Game 3. The Heat were outrebounded 52-36, 19-9 on the offensive end. They gave up a Finals-record 16 three-pointers on 32 attempts, and got blown out of a game where Tony Parker, Tim Duncan and Manu Ginobili were really quite ordinary.

Kuchar primed to make a major splash

Matt Kuchar hits a tee shot during a practice round, Tuesday, prior to the 113th U.S. Open in Ardmore, Pa. SCOTT HALLERAN/GETTY IMAGES

He was the smiling kid with his dad on the bag in his first U.S. Open, eager to be himself and not the guy he was following.

Matt Kuchar never expected to be the next Tiger Woods, mostly because even then he knew it wasn't possible. Winning the U.S. Amateur a year after Woods recorded his third straight amateur title got him into the 1998 Open, but it would be a long time before the two were in the same conversation again.

"I was never thinking because I won the amateur the year after Tiger that I was the next Tiger Woods," Kuchar said. "That was never something that I thought about or thought I was going to follow the same path as Tiger. I knew I had a different path that was for me."

That path was rocky at times, but Kuchar never lost faith in his talent. He rebuilt his swing, found his way back on the PGA Tour after a brief hiccup, and started contending in tournaments.

Now he's in another conversation this week at Merion Golf Club. He's joined a select few as perhaps the best player who hasn't won a major championship. That he's not shying away from the talk says something about how confident he is about his game.

"I feel like I'm playing some good golf," said Kuchar, who won at Memorial two weeks ago.

"Certainly a major championship, a U.S. Open, is one I'm geared up for. I'm looking forward to competing and trying to put my name on this trophy." THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
If there is something you want to tell the world, you will get your chance over the next few days. Whether it's worth hearing remains to be seen but you will certainly make your point — maybe quite loudly!

♉ Taurus
April 21 - May 21
You are about to benefit from a remarkable stroke of luck but you will kick yourself if you don't take full advantage of it. Partners and loved ones may kick you too.

♊ Gemini
May 22 - June 21
You may have energy to spare today but that does not mean you can waste it. The Sun, Mars and Jupiter in your sign make all things possible, but there is one thing only you should be focusing on now.

♋ Cancer
June 22 - July 23
You seem to be a bit more adventurous than usual, and that's good. You certainly won't worry what the neighbours might think about what you are up to. In fact, you will quite enjoy shocking them.

♌ Leo
July 24 - Aug. 23
No matter how much time and energy you put into something, if your heart is not in it you won't do a good job. The message of the stars is to love what you are doing.

♍ Virgo
Aug. 24 - Sept. 23
The only reason you are under pressure is because you have too many things on the go. And the only reason you have too many things on the go is because you can't say "no".

♎ Libra
Sept. 24 - Oct. 23
You have a busy schedule, so if you get the chance to take a break over the next 24 hours you would be wise not to waste it. You may not get another opportunity for quite some time.

♏ Scorpio
Oct. 24 - Nov. 22
One course of action is right and one course of action is wrong. Not that it matters a whole lot to you. It seems you have already decided what it is you are going to do.

♐ Sagittarius
Nov. 23 - Dec. 21
It is important that you give loved ones space to be themselves today, because if you restrict their freedom they may rebel. Do you fear losing them? That's more likely to happen if you cling too tightly.

♑ Capricorn
Dec. 22 - Jan. 20
Promise yourself that no matter how irritating certain people may be, you won't let them get under your skin. The only weapons they have to use against you are words and words only hurt if you let them.

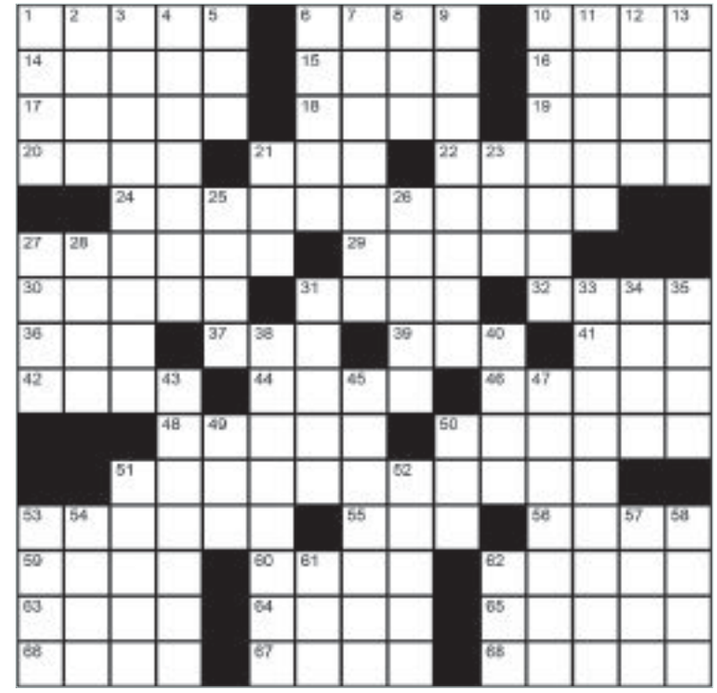
♒ Aquarius
Jan. 21 - Feb. 19
What happens today may or may not be important but how you react to it most certainly is. The best reaction is to steer a middle course. Try not to be either too happy or too sad.

♓ Pisces
Feb. 20 - March 20
Something will occur today that makes you look at life in a slightly different way. Once you get past certain ideas that have been holding you back, you will discover a new world of possibilities. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

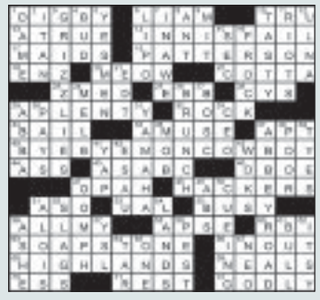
BY KELLY ANN BUCHANAN



Across
1. The __ (Meeting place in downtown Winnipeg)
6. Rhyming scheme
10. Tie
14. Take out _ __ (Borrow money)
15. City haze
16. Simply the best
17. ___ rest (Bring things to a close)
18. Mansion must-have
19. Survey choice, __ of the above
20. Tree log bump
21. Five-and-five's total
22. USA part
24. Motto on Saskatchewan licence plates: Land of __ __
27. "This Is __ Tap" (1984)
29. Little
30. Toronto's Loma, and others
31. Hollywood Walk of Fame symbol
32. Detect
36. Perform
37. Long list ender
39. Caribbean music
41. Flub
42. President Truman's First Lady
44. Apiece
46. Bottle-living wishes granter
48. Heavenly food
50. Starts
51. Located in BC, it's the highest peak of the Canadian Rockies: 2 wds.
53. Rather frightening
55. Photo __ (PR events)
56. Pre-1917 ruler
59. Many: 2 wds.
60. Closed
62. Fuddy-duddy
63. '90s-style rock concert pit
64. River of England
65. Had a bug
66. Birthers of baby baa-ers
67. Requisite
68. Bridges

Down
1. "Columbo" star Peter
2. The Good Earth heroine
3. Supporters of The Monarchy
4. "Walking on Sunshine" by __ and The Waves
5. __-Cone (Toy-made treat)
6. Colorado resort
7. Amidst
8. Casper's cry!
9. Inuk singer/songwriter, Susan __
10. Actor, Jeff __
11. Beaver logo clothier
12. Baie-Sainte-__, NB
13. From-the-garden pluck-ee
21. Blue Rodeo's "'__ I Am Myself Again"
23. Zero
25. Bouquet holder
26. Successful song
27. Strikebreaker
28. Step
31. Barely anything
33. Ontario's Bruce __
34. Wholly ___ part
35. Three: Spanish
38. English poet: Alfred, Lord __ (b.1809 - d.1892)
40. Middle __ (Pre-Renaissance period)
43. Gets wrinkles out
45. Make merry
47. Vain person's vacation?
49. Diving bird
50. Blues guitarist Mr. King's
51. Canada-associated creature
52. Chose
53. Equivalent
54. Farming implement
57. Seaport of Yemen
58. Some Smarties
61. Tint
62. The __, Manitoba__ _

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

9	4	8	3	2	6	5	1	7
3	6	1	5	7	8	9	4	2
7	5	2	4	9	1	3	6	8
8	1	9	2	5	4	6	7	3
4	7	6	8	1	3	2	9	5
5	2	3	9	6	7	1	8	4
2	9	4	6	8	5	7	3	1
6	3	7	1	4	2	8	5	9
1	8	5	7	3	9	4	2	6

					7			9
7		5			3	1		
	4						6	7
		4		3				5
			4		9			
8				1		6		
4	2						9	
		1	5			2		4
9			6					

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